



ANANTARA

DESARU COAST
RESORT & VILLAS

Plant-based

Roasted pumpkin & quinoa salad (GF) (V)

Tossed with citrus vinaigrette, toasted seeds, and mint

Stuffed bell peppers with lentil ratatouille (GF) (V)

Served warm with basil oil drizzle

Clean Protein

Grilled Lemongrass Chicken Skewers (GF)

Served with cucumber ribbons and sesame-lime dip

Poached Free-Range Egg on Avocado Toast (V)

Multigrain base, chia seeds, and cherry tomato confit

Seared Beef Ribeye Steak with Miso Glaze (GF) (V)

On wilted spinach and soba noodles

Elixirs & Wholefood Small Bites

Chia Coconut Energy Balls (GF) (V)

Rolled in cacao nibs and goji berries

Mini Avocado & Chickpea Toasts (V)

On sweet potato rounds with micro herbs

Nourishing Bowls—Macro Count / Balanced

Salmon Poke Bowl (GF)

Brown rice, edamame, pickled radish, and sesame dressing

Grilled Chicken Macro Bowl (GF)

Quinoa, kale, roasted sweet potato, and almond pesto